

# 2013 California Dietary Practices Survey

**Table 38: Mean Minutes Per Week Heard Recommended for Physical Activity**

*How much time per week have you heard adults should be physically active to maintain good health?*

	Mean Minutes Heard <sup>1</sup>	
<b>Total</b>	<b>375.1</b>	
<i>Sex</i>		
Male	439.5	**
Female	314.7	
<i>Age</i>		
18 - 24	288.2	
25 - 34	408.8	
35 - 50	365.5	
51 - 64	429.1	
65+	365.9	
<i>Ethnicity</i>		
White	418.1	
Hispanic	304.6	
Black	391.1	
Asian/Other	276.1	
<i>Education</i>		
Less than High School	217.3	a **
High School Graduate	429.3	b
Some College	451.9	b
College Graduate	344.1	ab
<i>Income</i>		
Less than \$15,000	354.6	
\$15,000 - 24,999	390.2	
\$25,000 - 34,999	384.3	
\$35,000 - 49,999	524.2	
\$50,000+	375.3	
<i>Overweight Status</i>		
Overweight/Obese	396.3	
Not overweight	349.0	
<i>Physically Active</i>		
Met Aerobic Recommendation	413.7	*
Did Not Meet Aerobic Recommendation	318.3	
<i>SNAP/CalFresh Status, % FPL</i>		
Participant	346.3	
Likely Eligible, ≤ 130%	425.8	
Not Eligible, > 185%	414.8	

N=1157

<sup>1</sup> As defined by the 2008 U.S. Department of Health and Human Services Physical Activity Guidelines for Americans and Objectives 2.1 and 2.2 of Healthy People 2020, it is recommended that adults engage in 75 minutes of vigorous or 150 minutes of moderate physical activity, or an equivalent combination. A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common letter (a, b) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

\* p<.05

\*\* p<.01

# 2013 California Dietary Practices Survey

**Table 39: Reported Participation in Recommended Amount of Moderate or Vigorous Physical Activity a Week, Trend 2011-2013**

*During the past month, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening or walking for exercise?*

*What type of physical activity or exercise did you spend the most time doing during the past month?*

*How many times per week or per month did you take part in this activity during the past month?*

*And when you took part in this activity, for how many minutes or hours did you usually keep at it?*

*During the past month, how many times per week or per month did you do physical activities or exercises to strengthen your muscles?*

	Percent Meeting Recommended Aerobic Physical Activity <sup>1</sup>		Trend 2011-13	Percent Meeting Aerobic and Strength Recommendations <sup>2</sup>		Trend 2011-13
	2011	2013		2011	2013	
<b>Total</b>	<b>62.0</b>	<b>62.6</b>	<b>0.6</b>	<b>25.9</b>	<b>26.9</b>	<b>1.0</b>
<i>Sex</i>						
Male	62.6	62.8	0.2	29.8	28.6	-1.2
Female	61.4	62.4	1.0	22.1	25.1	3.0
<i>Age</i>						
18 - 24		71.0	NA		44.1	NA
25 - 34		59.6	NA		22.2	NA
35 - 50		61.3	NA		26.4	NA
51 - 64		60.7	NA		21.4	NA
65+		64.4	NA		25.0	NA
<i>Ethnicity</i>						
White	65.5	69.2	3.7	25.9	30.3	4.4
Hispanic	56.9	56.1	-0.8	22.3	20.7	-1.6
Black	53.5	55.0	1.5	28.7	26.4	-2.3
Asian/Other <sup>3</sup>	74.1	51.0	-23.1	38.6	24.6	NA
<i>Education</i>						
Less than High School	44.1	50.2	6.1	13.3	14.8	1.5
High School Graduate	65.3	61.8	-3.5	26.0	22.8	-3.2
Some College	63.1	63.7	0.6	28.3	29.5	1.2
College Graduate	67.5	70.3	2.8	30.3	36.2	5.9
<i>Income</i>						
Less than \$15,000	53.9	59.2	5.3	19.3	20.7	1.4
\$15,000 - 24,999	58.8	59.1	0.3	25.2	27.1	1.9
\$25,000 - 34,999	68.9	60.1	-8.8	28.4	25.9	-2.5
\$35,000 - 49,999	64.0	64.9	0.9	23.8	28.1	4.3
\$50,000+	73.1	70.1	-3.0	35.0	35.4	0.4
<i>Overweight Status</i>						
Overweight/Obese	57.8	60.7	2.9	20.8	24.6	3.8
Not overweight	69.3	68.7	-0.6	35.1	32.7	-2.4
<i>SNAP/CalFresh Status, % FPL</i>						
Participant	59.5	61.6	2.1	24.4	23.5	-0.9
Likely Eligible, ≤ 130%	48.5	52.1	3.6	16.9	23.2	6.3
Not Eligible, > 185%	71.4	69.6	-1.8	32.3	35.8	3.5

N=(2011: 1403; 1399)(2013: 1468; 1462)

<sup>1</sup> As defined by the 2008 U.S. Department of Health and Human Services Physical Activity Guidelines for Americans and Objectives 2.1 and 2.2 of Healthy People 2020, it is recommended that adults engage in 75 minutes of vigorous or 150 minutes of moderate physical activity, or an equivalent combination.

<sup>2</sup> Includes at least 75 minutes of vigorous or 150 minutes of moderate physical activity and muscle strengthening activities at least two times per week.

<sup>3</sup> In 2011, this group represented Asians and Pacific Islanders. Starting in 2013, this group represents Asians and those with race classifications that are not White, Black, and/or Hispanic. Note: Trend analysis did not show any significant change between 2011 and 2013

# 2013 California Dietary Practices Survey

**Table 40: Reported Participation in Recommended Amounts of Physical Activity a Week**

During the past month, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening or walking for exercise?

What type of physical activity or exercise did you spend the most time doing during the past month?

How many times per week or per month did you take part in this activity during the past month?

And when you took part in this activity, for how many minutes or hours did you usually keep at it?

During the past month, how many times per week or per month did you do physical activities or exercises to strengthen your muscles?

	Percent Participating in...			Percent Meeting Aerobic and Strength Recommendations <sup>3</sup>
	Recommended Aerobic Physical Activity <sup>1</sup>	Recommended Aerobic Physical Activity for More Extensive Health Benefits <sup>1</sup>	Recommended Muscle Strengthening <sup>2</sup>	
	75 Minutes of Vigorous or 150 Minutes of Moderate	150 Minutes of Vigorous or 300 Minutes of Moderate	Muscle Strengthening 2x Per Week	
<b>Total</b>	<b>62.6</b>	<b>42.3</b>	<b>32.3</b>	<b>26.9</b>
<b>Sex</b>				
Male	62.8	42.3	34.8 *	28.6
Female	62.4	42.3	29.9	25.1
<b>Age</b>				
18 - 24	71.0	46.8 **	50.0 ***	44.1 ***
25 - 34	59.6	35.6	27.5	22.2
35 - 50	61.3	40.0	32.2	26.4
51 - 64	60.7	44.3	26.0	21.4
65+	64.4	50.7	30.5	25.0
<b>Ethnicity</b>				
White	69.2 ***	48.7 ***	35.2 *	30.3 **
Hispanic	56.1	33.9	27.1	20.7
Black	55.0	39.6	32.6	26.4
Asian/Other	51.0	30.1	28.8	24.6
<b>Education</b>				
Less than High School	50.2 ***	29.7 ***	19.8 ***	14.8 ***
High School Graduate	61.8	41.1	29.0	22.8
Some College	63.7	42.2	35.8	29.5
College Graduate	70.3	51.6	40.4	36.2
<b>Income</b>				
Less than \$15,000	59.2 *	38.9 **	24.5 ***	20.7 ***
\$15,000 - 24,999	59.1	40.6	33.2	27.1
\$25,000 - 34,999	60.1	35.0	30.0	25.9
\$35,000 - 49,999	64.9	42.9	30.3	28.1
\$50,000+	70.1	53.3	43.8	35.4
<b>Overweight Status</b>				
Overweight/Obese	60.7 **	39.5 **	30.3 **	24.6 **
Not Overweight	68.7	48.0	38.4	32.7
<b>SNAP/CalFresh Status, % FPL</b>				
Participant	61.6 ***	40.7 **	27.5 ***	23.5 ***
Likely Eligible, ≤ 130%	52.1	34.9	30.1	23.2
Not Eligible, > 185%	69.6	50.2	42.6	35.8

N=1468; 1468; 1491; 1462

<sup>1</sup> As defined by the 2008 U.S. Department of Health and Human Services Physical Activity Guidelines for Americans and Objectives 2.1 and 2.2 of Healthy People 2020, it is recommended that adults engage in 75 minutes of vigorous or 150 minutes of moderate physical activity, or an equivalent combination. For more extensive health benefits, it is recommended that adults engage in 150 minutes of vigorous or 300 minutes of moderate physical activity, or an equivalent combination.

<sup>2</sup> The 2008 U.S. Department of Health and Human Services Physical Activity Guidelines for Americans recommend adults engage in muscle strengthening activities at least two times per week.

<sup>3</sup> Includes at least 75 minutes of vigorous or 150 minutes of moderate physical activity and muscle strengthening activities at least two times per week.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

## 2013 California Dietary Practices Survey

**Table 41: Reported Participation in Any Physical Activity in the Past Month**

*During the past month, other than at your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening or walking for exercise?*

	Percent Participating in Any Physical Activity
<b>Total</b>	<b>76.4</b>
<i>Sex</i>	
Male	76.9
Female	76.0
<i>Age</i>	
18 - 24	79.2
25 - 34	77.2
35 - 50	78.3
51 - 64	71.8
65+	73.9
<i>Ethnicity</i>	
White	81.4 ***
Hispanic	71.6
Black	72.4
Asian/Other	63.4
<i>Education</i>	
Less than High School	66.1 ***
High School Graduate	73.7
Some College	77.4
College Graduate	85.0
<i>Income</i>	
Less than \$15,000	74.0 ***
\$15,000 - 24,999	72.9
\$25,000 - 34,999	71.4
\$35,000 - 49,999	73.5
\$50,000+	87.3
<i>Overweight Status</i>	
Overweight/Obese	75.6 *
Not overweight	80.4
<i>SNAP/CalFresh Status, % FPL</i>	
Participant	74.5 ***
Likely Eligible, ≤ 130%	69.6
Not Eligible, > 185%	84.0

N=1503

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\*\* p<.001

## 2013 California Dietary Practices Survey

**Table 42: Reported Level of Activity at Work**

Base: Out of those who report working

When you are at work, which of the following best describes what you do? Would you say mostly sitting, mostly standing, mostly walking, or mostly heavy labor or physically demanding work?

	Percent			
	Mostly Sitting	Mostly Standing	Mostly Walking	Mostly Heavy Labor
<b>Total</b>	<b>36.9</b>	<b>18.9</b>	<b>23.9</b>	<b>20.2</b>
<b>Sex</b>				
Male	35.8	16.3	21.7	26.3
Female	38.4	22.5	27.0	12.0
<b>Age</b>				
18 - 24	14.1	25.0	39.4	21.5
25 - 34	29.6	17.3	23.7	29.4
35 - 50	43.1	18.8	22.7	15.4
51 - 64	45.4	17.6	16.6	20.4
65+	58.5	19.1	19.0	3.4
<b>Ethnicity</b>				
White	43.3	16.8	18.7	21.2
Hispanic	25.8	19.1	34.0	21.0
Black	48.4	23.1	15.1	13.4
Asian/Other	19.4	29.3	30.6	20.8
<b>Education</b>				
Less than High School	17.0	21.2	28.0	33.7
High School Graduate	23.3	18.6	36.1	22.1
Some College	31.8	18.0	25.1	25.1
College Graduate	60.3	19.1	11.2	9.3
<b>Income</b>				
Less than \$15,000	16.1	27.9	37.1	18.9
\$15,000 - 24,999	27.4	18.3	28.7	25.7
\$25,000 - 34,999	35.2	7.4	21.1	36.4
\$35,000 - 49,999	36.7	18.8	25.0	19.5
\$50,000+	67.9	17.6	6.6	7.9
<b>Overweight Status</b>				
Overweight/Obese	38.2	19.3	22.8	19.7
Not Overweight	36.2	17.9	23.0	22.9
<b>Physically Active</b>				
Met Aerobic Recommendation	32.8	18.7	27.2	21.3
Did Not Meet Aerobic Recommendation	42.5	20.5	18.2	18.8
<b>SNAP/CalFresh Status, % FPL</b>				
Participant	20.9	22.4	29.4	27.3
Likely Eligible, ≤ 130%	32.3	15.6	38.2	13.9
Not Eligible, > 185%	63.5	18.4	7.4	10.7

N=520

Gray cells indicate a sample size of less than 50 and do not meet the criteria for statistical reliability.

Rows may not add up to 100 percent due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\*\* p<.001

## 2013 California Dietary Practices Survey

**Table 43: Main Reasons for Not Being More Physically Active**  
*What is the main reason that you are not more physically active?*

	Percent			
	Exercise Enough	Too Busy	Health Reasons	Other <sup>1</sup>
<b>Total</b>	<b>14.7</b>	<b>32.1</b>	<b>25.3</b>	<b>28.0</b>
<i>Sex</i>				
Male	15.6	35.7	23.4	25.3
Female	13.7	28.7	27.1	30.6
<i>Age</i>				
18 - 24	13.5	40.5	16.4	29.6
25 - 34	10.1	46.4	12.7	30.7
35 - 50	16.9	35.7	21.7	25.8
51 - 64	14.8	19.7	41.9	23.6
65+	17.2	9.4	40.6	32.7
<i>Ethnicity</i>				
White	17.2	28.5	28.0	26.3
Hispanic	10.4	40.8	16.0	32.8
Black	16.1	30.4	26.4	27.2
Asian/Other	8.4	29.6	38.4	23.6
<i>Education</i>				
Less than High School	10.9	29.2	32.4	27.5
High School Graduate	14.7	32.6	22.0	30.7
Some College	12.6	31.3	27.6	28.5
College Graduate	18.9	34.3	21.7	25.1
<i>Income</i>				
Less than \$15,000	12.4	25.8	33.2	28.6
\$15,000 - 24,999	9.0	36.4	23.2	31.4
\$25,000 - 34,999	16.9	42.5	16.2	24.4
\$35,000 - 49,999	15.3	37.7	14.8	32.2
\$50,000+	24.2	35.2	20.5	20.2
<i>Overweight Status</i>				
Overweight/Obese	12.0	31.7	27.5	28.8
Not Overweight	20.7	34.1	22.0	23.3
<i>Physically Active</i>				
Met Aerobic Recommendation	19.6	36.0	18.5	26.0
Did Not Meet Aerobic Recommendation	5.3	25.8	37.1	31.8
<i>SNAP/CalFresh Status, % FPL</i>				
Participant	11.4	32.9	27.2	28.4
Likely Eligible, ≤ 130%	11.0	30.9	29.8	28.3
Not Eligible, > 185%	23.2	35.4	18.9	22.5

N=1505

<sup>1</sup> Other includes too tired, don't enjoy, no parks or health clubs, unsafe neighborhood, fear of injury, lack of encouragement, lack of confidence, too old, poor weather conditions, lack of self-motivation, and no child care.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\*\* p<.01

\*\*\* p<.001

# 2013 California Dietary Practices Survey

**Table 44: Time Spent Watching Television and Using a Computer**

Yesterday, for recreation, how much time did you spend in front of a computer or tablet device either watching programs or movies, playing video games, using social media, or browsing the internet?  
Yesterday, for school work, job-related activities, or other household business, how much time did you spend in front of a computer or tablet device?

Yesterday, how much time did you spend in front of a television, either watching programs or movies, or playing video games?

	Mean Hours		
	Computer Use for School, Household, or Job-Related Work	Computer Use for Recreation	Television
Total	1.1	1.2	2.5
Sex			
Male	1.2 *	1.4 ***	2.8 ***
Female	1.0	0.9	2.2
Age			
18 - 24	1.0 ab ***	1.7 a ***	2.8 b ***
25 - 34	1.1 b	1.3 ab	2.2 ab
35 - 50	1.5 a	1.1 bc	2.2 a
51 - 64	0.8 b	1.1 bc	2.8 b
65+	0.5 b	0.8 c	2.9 b
Ethnicity			
White	1.2 a ***	1.3 a ***	2.6 b ***
Hispanic	0.7 b	0.7 b	2.0 a
Black	1.9 c	1.4 a	3.0 b
Asian/Other	0.7 ab	1.5 a	2.7 ab
Education			
Less than High School	0.2 a ***	0.9	2.4 ab **
High School Graduate	0.8 b	1.1	2.7 a
Some College	1.2 b	1.3	2.7 a
College Graduate	1.9 c	1.2	2.1 b
Income			
Less than \$15,000	0.7 c ***	1.3	2.7
\$15,000 - 24,999	0.9 cd	1.0	2.5
\$25,000 - 34,999	1.3 d	1.2	2.1
\$35,000 - 49,999	0.7 cd	0.9	2.5
\$50,000+	2.3 b	1.2	2.3
Overweight Status			
Overweight/Obese	1.0	1.2	2.7 ***
Not Overweight	1.3	1.2	2.1
Physically Active			
Met Aerobic Recommendation	1.1	1.1 *	2.2 ***
Did Not Meet Aerobic Recommendation	1.1	1.3	3.0
SNAP/CalFresh Status, % FPL			
Participant	0.8 a ***	1.2 a *	2.4
Likely Eligible, ≤ 130%	0.6 a	0.8 b	2.8
Not Eligible, > 185%	2.1 b	1.1 ab	2.3

N=1505; 1502; 1498

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common letter (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

\* p<.05

\*\* p<.01

\*\*\* p<.001

# 2013 California Dietary Practices Survey

## Cross Tab 45: Screen Time and Physical Activity Barriers

Yesterday, for recreation, how much time did you spend in front of a computer or tablet device either watching programs or movies, playing video games, using social media, or browsing the internet?  
 Yesterday, how much time did you spend in front of a television, either watching programs or movies, or playing video games?  
 What is the main reason that you are not more physically active?

Physical Activity Barriers	Total Television and Leisure Computer Time, Percent	
	< 2 Hours	≥ 2 Hours
Exercise Enough	39.3	60.7
Too Busy	33.8	66.2
Health Reasons	21.5	78.5
Other <sup>1</sup>	28.3	71.7

\*\*\*

N=1498

<sup>1</sup> Other includes too tired, don't enjoy, no parks or health clubs, unsafe neighborhood, fear of injury, lack of encouragement, lack of confidence, too old, poor weather conditions, lack of self-motivation, and no child care.

Columns may not add up to 100 percent due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\*\*\* p<.001